

Roundtable

Nov 7 2024



Agenda

Welcome:

Sign-in, check mailbox and Midway

Opening

Hot Topic:

Youth Protection- Mitchell

Safety Moment:

Energy Drinks- Bill

Training Committee

Membership Moment:

Log Service Hours- Lynn

District Director Info

District Chair Info

District Commissioner Info

Breakouts:

Cub - Conflict Resolution

Scouts - High Adventure Planning

November

9 Scheels Scout Day

9-10 Outdoor Adventures

10 Veterans Day Parade

21 Eagle Board of Review

28 Thanksgiving Day

December

5 Roundtable

14 Holiday Bazaar

17 SVD Committee Meeting

19 Eagle Board of Review

21-Jan 5 LPS Winter Break

25 Christmas Day

31 New Years Eve

January

2 Roundtable

11 NRA Rifle Basic

18 Fundamentals of Training and EDGE

23 Eagle Board of Review

24-26 OA Winter Event

31-Feb 2 Klondike Derby

November Safety Moment

Energy Drinks

<https://www.scouting.org/health-and-safety/safety-moments/energy-drinks/>

Energy Drinks

You've seen the advertisements for energy drinks and have probably seen youth drinking them, but just what are they? Are they safe? And do they have a place in Scouting or not?

Content:

- Types and Ingredients
- Concerns
- Energy vs. Sports Drinks
- BSA Recommendation

Energy Drinks – Types and Ingredients

There are two kinds of liquid energy drink products. They are also available in powdered form that is added to water.

One is sold in containers similar in size to those of ordinary soft drinks, such as a 16-oz. bottle. The other kind, called “energy shots,” is sold in small containers holding 2 to 2½ oz. of concentrated liquid.

Caffeine is a major ingredient in energy drink products—at levels of 70 to 240 mg in a 16-oz. drink and 113 to 200 mg in an energy shot. (For comparison, a 12-oz. can of cola contains about 35 mg of caffeine, and an 8-oz. cup of coffee contains about 100 mg.)

Energy drinks also may contain other ingredients such as guarana (another source of caffeine sometimes called Brazilian cocoa), sugars, taurine, ginseng, B vitamins, glucuronolactone, yohimbe, carnitine, and bitter orange.

Energy Drinks – Concerns

The consumption of energy drinks by children may lead to serious medical consequences.

The American Academy of Pediatrics has stated that “stimulant-containing energy drinks have no place in the diet of children and adolescents.”

High doses of caffeine, combined with the other additives in energy drinks, are especially a concern for children with underlying health issues or those taking certain medications.

But high doses of caffeine are worrisome for all Scout-age youth and may cause serious side effects. Energy drinks have been known to disturb the heart’s natural rhythm, raise blood pressure, and increase the risk of sudden death. These drinks have also been linked to reductions in brain blood flow, seizures, and behavioral disorders. Frequently they cause anxiety, insomnia, stomach upset, muscle twitching, restlessness, and headaches.

Energy vs. Sports Drinks

Are energy drinks and sports drinks the same thing? **No!**

Energy drinks contain stimulants such as caffeine and unregulated additives that may increase caffeine's potency.

Sports drinks—a combination of carbohydrates, minerals, and electrolytes—do not contain caffeine. They are intended to replenish water and electrolytes lost through sweating during intense exercise and can be safely used by youth in limited amounts for hydration.

BSA Recommendation

Because of the potential for adverse medical consequences as well as the negative professional recommendations regarding use of energy drinks by children, the following recommendation is made by the BSA Safe Scouting Support Committee:

Energy drinks are to be discouraged at Scouting events and should not be sold at BSA trading posts or other retail venues.